

Do you have Diabetes?

**You have a lot on your mind right now.
Don't forget your health!**

Even now you can help keep your diabetes under control.

Take Action!



Keep taking your diabetes medicine
Check your feet every day

- Check for cuts or red spots
- Check for blisters
- Check for swelling



Check your sugar levels 3 or 4 times a day

If your sugar is getting low...

Do **ONE** of these:

- Take 2 to 3 blood sugar tablets
- OR- ■ Drink ½ cup of fruit juice or soda pop
- OR- ■ Eat 3 to 5 pieces of hard candy



Try to eat healthy foods

- Try to eat foods like fruits, beans and vegetables
- Try **NOT** to eat too much salt or sugar or fat
- Try **NOT** to drink alcohol



**Ask to see a doctor or nurse to help you
with your Diabetes.**